My Safety



Personal Safety

Pupils should know:

How to travel to school safely.

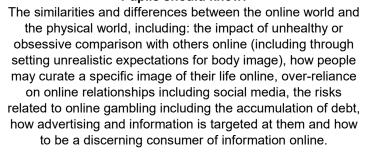
Stranger Danger.

Cycle safety and road safety.

My first mobile phone - personal responsibilities



Pupils should know:



How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.

How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).

Laws: Online behaviours including image and information sharing (including 'sexting', youth-produced sexual imagery, nudes, etc).



St Johns Ambulance First Aid

Pupils should know:

Basic Treatment including for asthama, allergies, bleeding, head injuries, choking

Life-saving skills, including how to administer CPR

The purpose of defibrillators and when one might be needed.

Drugs, Alcohol and Tobacco

Pupils should know:

The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.

The law relating to the supply and possession of illegal substances.

The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.

The physical and psychological consequences of addiction, including alcohol dependency.

Awareness of the dangers of drugs which are prescribed but still present serious health risks.

The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.

Laws: substance misuse

